



## **Wellness Lunch and Learn**



**Hello Wellness Fans!**

**DPSS and DMH are trying to join forces and get a few “Lunch and Learns” together to offer to employees. So far the topics requested are Anger Management, Stress Management and Menopause.**

**If you are interested in any of these topics or have other topics that you would like to have more information on or have any questions, please contact the Wellness Coordinator at [Wellness@dmh.lacounty.gov](mailto:Wellness@dmh.lacounty.gov)**

**In order to host a “Lunch and Learn”, there needs to be a minimum of 25 employees enrolled in each session which means the more, the merrier.**

**These “Lunch and Learns” are free to all employees and offer a great amount of useful information.**